



## Turkish Frothy Cinnamon Salep Milkshakes

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**Prep Time 5 / Cook Time 5 / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**garnish:** to decorate a dish or plate of food to enhance its flavor or appearance, using things like parsley, fruit slices, or edible flowers.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

### Equipment

- Large saucepan
- Liquid measuring cup
- Measuring spoons
- Whisk

### Ingredients

#### Turkish Frothy Cinnamon Salep Milkshakes

- 1 T cornstarch
- 2 T sugar or honey
- 3 C whole milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk) \*\***
- 1 T ground cinnamon
- 1 C ice (optional, if serving drink cold)

# Food Allergen Substitutions

## Turkish Frothy Cinnamon Salep Milkshakes

**Dairy:** Substitute dairy-free/nut-free milk for whole milk in Milkshakes.

## Instructions

### Turkish Frothy Cinnamon Salep Milkshakes

#### intro

"Salep" (Sah-lup) is a Turkish drink made with a special type of flour produced from the tubers of the orchid genus *Orchis*. This recipe will use cornstarch instead so be sure to whisk extra thoroughly.

#### combine + simmer

Combine **1 tablespoon cornstarch**, **2 tablespoons sugar**, and **3 cups milk** in a large saucepan. Whisk the mixture thoroughly. Simmer on medium low for 5 minutes and turn the heat off.

#### garnish + serve

Garnish the drink with a dusting of **1 tablespoon of cinnamon** over the whole drink. Serve warm or cooled over ice! Either way this drink is a Turkish treat! "Serefe!" (Sheh-reh-feh), which is "Cheers" in Turkish!